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## Alcohol Use

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### **DRANK IN PAST 30 DAYS**

*Definition: Respondents who report drinking alcohol in the past 30 days.*

### **Prevalence of Drank in Past 30 Days**

- South Dakota 60.8%
- All participants nationwide 56.1%

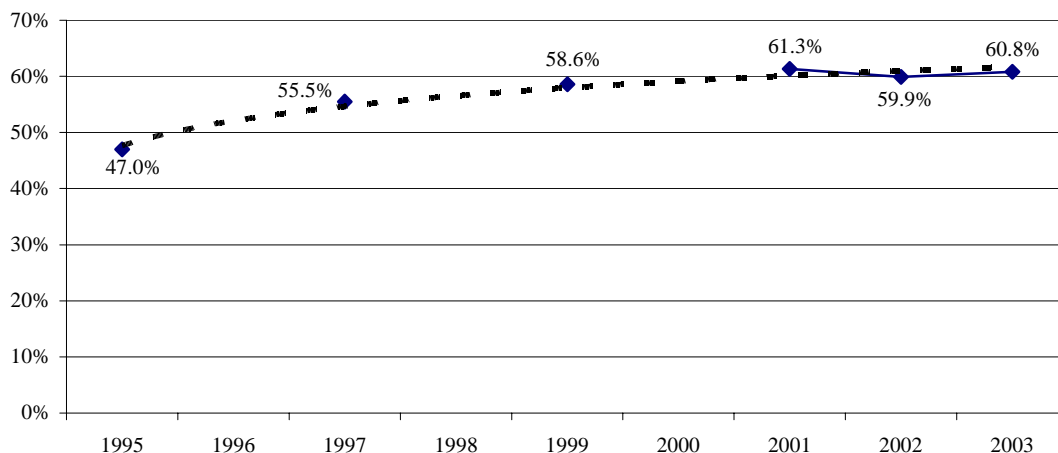
### **Healthy People 2010 Objective**

*There was no stated Healthy People 2010 Objective for drinking in the past 30 days.*

### **Trend Analysis**

Overall, since this question was first asked in 1995 the percent of respondents who drank in the past 30 days has been increasing.

**Figure 20**  
**Percent of Respondents Who Drank in Past 30 Days,**  
**1995, 1997, 1999, and 2001-2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1995, 1997, 1999, and 2001-2003

### **Demographics**

**Gender** Males demonstrate a substantially larger percentage of drinkers than females. This difference is evident throughout virtually every demographic category between the two as well.

**Age** Drinking alcohol increases considerably from the 18-24 age group to the 25-34 age group and then decreases as age increases after that. The most pronounced decreases occur when respondents reach the 55-64, 65-74, and 75 and older age groups. The increase in the 25-34 age group is due mostly to males, while the sharp decreases occurring at the 55-64 age group and beyond is due mostly to females.

<b>Race</b>	Whites demonstrate a much higher prevalence of drinking alcohol than American Indians. This difference is more evident in females than males.
<b>Region</b>	The American Indian counties region shows a significantly lower percentage of drinkers than the other regions with the exception of the central.
<b>Household Income</b>	Drinking alcohol generally increases as household income increases.
<b>Education</b>	As education levels increase, drinking alcohol also increases. This includes a significant increase among all levels of education.
<b>Employment Status</b>	Those who are employed demonstrate a much higher prevalence of drinking than homemakers, those who are retired, and those who are unable to work.
<b>Marital Status</b>	There are no large differences among marital status with the exception of those who are widowed.

<b>Table 25</b> <b>Respondents Who Drank in Past 30 Days, 2003</b>									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Total</b>	<b>5,248</b>	<b>60.8</b>	<b>(59.2-62.4)</b>	<b>2,188</b>	<b>68.2</b>	<b>(65.7-70.5)</b>	<b>3,060</b>	<b>53.8</b>	<b>(51.7-55.8)</b>
<b>Age</b>									
18-24	359	62.4	(56.3-68.2)	170	65.4	(56.1-73.6)	189	59.2	(50.9-67.0)
25-34	657	72.8	(68.9-76.3)	271	81.6	(76.0-86.2)	386	63.6	(58.2-68.6)
35-44	983	69.3	(66.0-72.4)	434	73.2	(68.3-77.7)	549	65.4	(60.9-69.6)
45-54	1,023	67.4	(64.1-70.5)	465	70.9	(66.2-75.3)	558	63.7	(59.1-68.1)
55-64	798	55.4	(51.6-59.2)	334	65.3	(59.5-70.7)	464	45.6	(40.7-50.6)
65-74	684	46.3	(42.2-50.5)	270	54.5	(47.8-61.0)	414	39.2	(34.1-44.6)
75+	709	34.3	(30.6-38.3)	234	48.2	(41.3-55.2)	475	25.9	(21.7-30.6)
<b>Race</b>									
White	4,789	62.3	(60.6-63.9)	2,013	69.2	(66.7-71.6)	2,776	55.5	(53.4-57.7)
American Indian	280	43.3	(36.1-50.8)	102	55.5	(43.4-67.0)	178	34.1	(26.3-43.0)
<b>Region</b>									
Southeast	1,288	63.4	(60.2-66.4)	543	69.3	(64.5-73.8)	745	57.4	(53.3-61.4)
Northeast	1,454	60.7	(57.9-63.5)	592	68.2	(63.8-72.3)	862	54.1	(50.4-57.8)
Central	671	59.0	(54.6-63.2)	278	66.8	(60.2-72.8)	393	52.0	(46.3-57.6)
West	1,442	59.9	(57.0-62.8)	620	68.0	(63.7-72.0)	822	51.8	(47.9-55.7)
American Indian Counties	393	49.2	(43.2-55.1)	155	62.0	(52.9-70.3)	238	38.0	(31.0-45.6)
<b>Household Income</b>									
Less than \$15,000	579	43.3	(38.1-48.7)	192	49.3	(40.3-58.3)	387	39.2	(33.1-45.7)
\$15,000-\$19,999	457	48.1	(42.5-53.8)	155	57.6	(47.7-67.0)	302	41.6	(35.0-48.6)
\$20,000-\$24,999	596	59.1	(54.3-63.7)	257	67.1	(60.1-73.4)	339	50.4	(44.0-56.8)
\$25,000-\$34,999	837	60.6	(56.3-64.8)	352	65.7	(58.4-72.4)	485	56.1	(50.7-61.3)
\$35,000-\$49,999	926	65.1	(61.6-68.6)	419	70.0	(64.7-74.9)	507	59.9	(55.1-64.5)
\$50,000-\$74,999	752	72.6	(68.8-76.0)	354	73.8	(68.2-78.7)	398	71.1	(66.1-75.7)
\$75,000+	568	77.2	(73.1-80.8)	316	81.3	(76.1-85.6)	252	70.7	(64.1-76.5)
<b>Education</b>									
Less than High School	552	41.4	(36.4-46.6)	257	51.9	(44.4-59.2)	295	29.4	(23.4-36.2)
High School or G.E.D.	1,759	56.8	(54.0-59.5)	762	65.3	(61.3-69.1)	997	48.0	(44.3-51.7)
Some Post-High School	1,523	64.0	(61.0-67.0)	568	71.4	(66.1-76.2)	955	58.0	(54.3-61.7)
College Graduate	1,395	70.2	(67.5-72.9)	594	75.6	(71.5-79.2)	801	65.0	(61.2-68.6)
<b>Employment Status</b>									
Employed for Wages	2,756	69.3	(67.3-71.3)	1,149	73.8	(70.8-76.7)	1,607	64.8	(62.1-67.5)
Self-employed	658	65.9	(61.7-69.9)	444	69.1	(64.1-73.8)	214	57.6	(49.9-64.9)
Unemployed	111	56.1	(44.0-67.5)	*	*	*	*	*	*
Homemaker	253	34.6	(28.5-41.3)	*	*	*	*	*	*
Retired	1,245	43.0	(40.0-46.1)	451	54.2	(49.1-59.2)	794	34.8	(31.1-38.6)
Unable to Work	121	42.1	(31.9-53.0)	*	*	*	*	*	*

Table 25 (continued)									
Respondents Who Drank in Past 30 Days, 2003									
	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Marital Status</b>									
Married/Unmarried Couple	3,118	62.9	(61.0-64.7)	1,390	69.2	(66.5-71.8)	1,728	56.5	(53.8-59.0)
Divorced/Separated	693	66.1	(62.1-69.9)	274	70.5	(64.1-76.2)	419	62.9	(57.6-67.9)
Widowed	719	32.6	(28.9-36.4)	120	51.4	(41.4-61.3)	599	28.8	(25.0-32.9)
Never Married	713	63.3	(58.3-68.0)	403	66.1	(59.3-72.3)	310	58.7	(51.3-65.8)

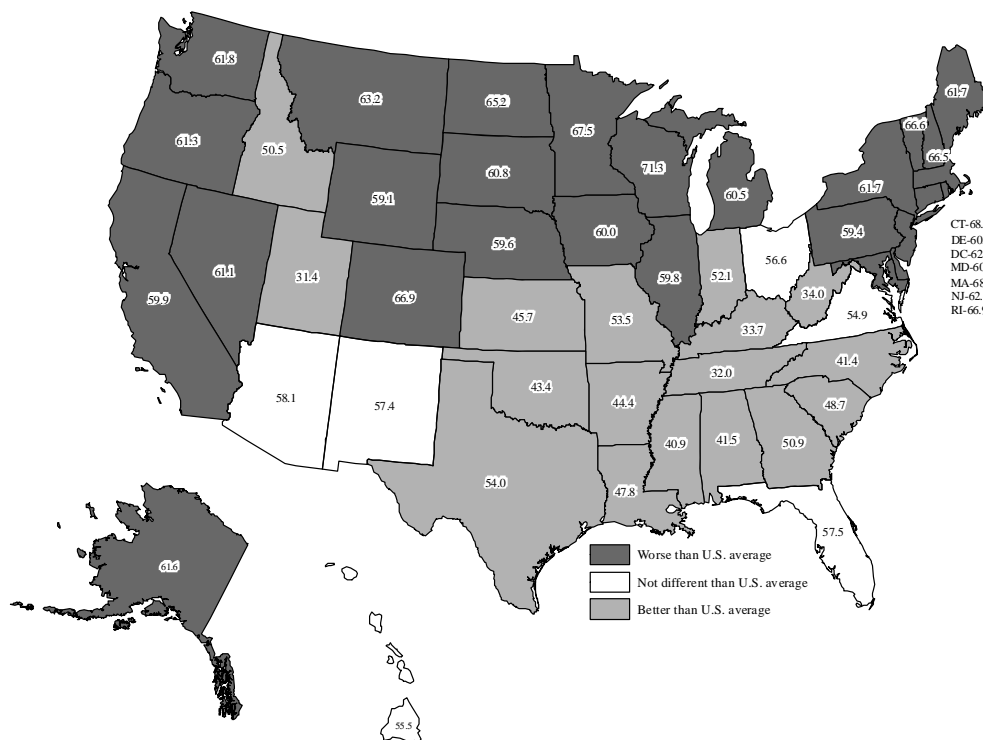
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

Note: \*Results based on sample sizes less than 100 have been suppressed.

## National Statistics

The national percent for respondents who drank in the past 30 days was 56.1 percent. South Dakota was significantly worse than the United States. Utah had the lowest percent of respondents who drank in the past 30 days with 31.4 percent, while Connecticut had the highest percent of respondents who drank in the past 30 days with 68.6 percent.

**Figure 21**  
**Nationally, Respondents Who Drank in Past 30 Days, 2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

## Further Analysis

Following are data illustrating the percent of those who drank in the past 30 days for various health behaviors and conditions. For example, 80.5 percent of respondents who stated they use smokeless tobacco drank in the past 30 days, while 59.4 percent of respondents who do not use smokeless tobacco drank in the past 30 days.

**Table 26**  
**Drank in Past 30 Days for Selected Health Behaviors and Conditions, 2003**

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Drank in Past 30 Days</b>	<b>95% CI</b>
Fair or Poor Health Status	796	37.5	33.6-41.5
Excellent, Very Good, or Good Health Status	4,442	64.3	62.6-66.0
Obese	1,218	55.6	52.4-58.8
Overweight	3,124	61.2	59.1-63.2
Not Overweight	1,911	61.8	59.1-64.5
No Leisure Time Physical Activity	1,274	52.2	48.9-55.4
Leisure Time Physical Activity	3,972	63.2	61.4-65.0
No Moderate Physical Activity	2,838	58.6	56.4-60.7
Moderate Physical Activity	2,250	63.6	61.2-66.0
No Vigorous Physical Activity	4,188	58.3	56.5-60.1
Vigorous Physical Activity	978	69.2	65.6-72.6
Not Doing Anything to Control Weight	1,422	56.6	53.4-59.6
Trying to Lose or Maintain Weight	3,818	62.5	60.7-64.4
Less Than Five Servings of Fruits and Vegetables	4,185	63.8	62.0-65.5
At Least Five Servings of Fruits and Vegetables	1,063	48.1	44.5-51.6
Current Smoker	1,136	69.0	65.7-72.2
Former Smoker	1,446	63.9	61.1-66.6
Never Smoked	2,659	55.7	53.4-58.0
Smokeless Tobacco Use	286	80.5	75.1-85.0
No Smokeless Tobacco Use	4,875	59.4	57.7-61.0
Hypertension	1,560	52.1	49.3-55.0
No Hypertension	3,682	63.6	61.7-65.5
High Blood Cholesterol	1,392	58.2	55.3-61.0
No High Blood Cholesterol	2,701	60.8	58.6-62.9
No Mammogram within Past Two Years (40+)	493	42.5	37.6-47.5
Mammogram within Past Two Years (40+)	1,692	50.8	48.1-53.4
Insufficient Cervical Cancer Screening	318	38.6	31.8-45.9
Sufficient Cervical Cancer Screening	1,911	61.3	58.7-63.8
No Health Insurance (18-64)	366	66.7	60.6-72.2
Health Insurance (18-64)	3,373	66.7	64.7-68.6
Employer Based Health Insurance Coverage (18-64)	2,366	70.3	68.1-72.5
Private Plan (18-64)	511	64.7	59.8-69.4
Medicaid or Medical Assistance (18-64)	117	41.8	31.2-53.2
The Military, CHAMPUS, TriCare, or the VA (18-64)	131	63.6	53.8-72.4
The Indian Health Service (18-64)	143	46.2	35.9-56.8
No Flu Shot (65+)	323	36.4	30.7-42.4
Flu Shot (65+)	1,069	40.8	37.5-44.1
No Pneumonia Shot (65+)	495	41.3	36.5-46.2
Pneumonia Shot (65+)	874	39.4	35.8-43.0
Diabetes	453	38.8	33.7-44.1
No Diabetes	4,793	62.5	60.8-64.1
Current Asthma	369	48.0	41.3-54.9
Former Asthma	143	61.3	51.0-70.6
Never Had Asthma	4,720	61.9	60.2-63.5
Arthritis	1,774	49.9	47.2-52.6
No Arthritis	3,436	65.3	63.3-67.2
Arthritis - Activities Limited	833	47.9	43.9-51.9
No Arthritis - Activities Limited	4,369	63.0	61.2-64.7
Disability - Activities Limited	1,124	46.0	42.4-49.6
No Disability - Activities Limited	4,088	64.4	62.7-66.2
Disability with Special Equipment Needed	370	34.0	28.1-40.5
No Disability with Special Equipment Needed	4,846	62.6	60.9-64.2

<b>Table 26 (continued)</b> <b>Have Drank in Past 30 Days for Selected Health Behaviors and Conditions, 2003</b>			
<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Drank in Past 30 Days</b>	<b>95% CI</b>
Injured in a Fall (45+)	177	45.1	37.2-53.3
Not Injured in a Fall (45+)	3,050	54.0	52.0-56.0
Sunburn in Past 12 Months	2,000	66.6	64.0-69.1
No Sunburn in Past 12 Months	3,228	56.3	54.3-58.3
Military Veteran	858	67.7	64.2-71.1
Not a Military Veteran	4,344	59.7	57.9-61.4

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

## **BINGE DRINKING**

***Definition: Respondents who report having five or more alcoholic drinks on one occasion, one or more times in the past month.***

### **Prevalence of Binge Drinking**

- South Dakota 19.0%
- All participants nationwide 15.8%

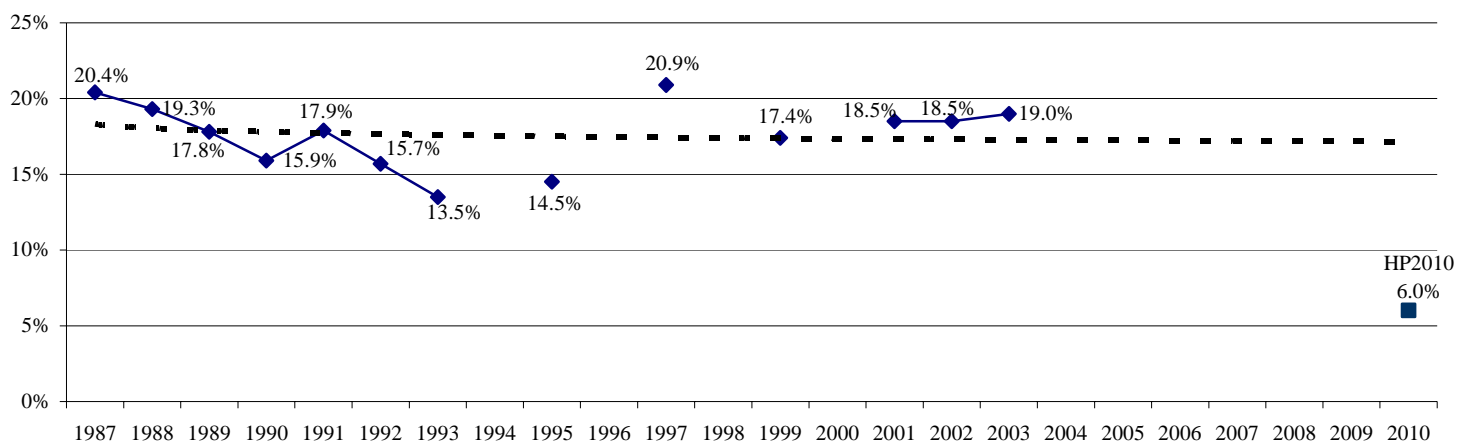
### **Healthy People 2010 Objective**

*Reduce the proportion of adults engaging in binge drinking to 6 percent.*

### **Trend Analysis**

From 1987 to 1993, the percent of respondents who engaged in binge drinking was on a decline. However, in the recent years the percent of respondents who are binge drinking has been increasing. South Dakota has yet to meet the *Healthy People 2010 Objective* of 6 percent.

**Figure 22**  
**Percent of Respondents Who Engage in Binge Drinking,**  
**1987-1993, 1995, 1997, 1999, and 2001-2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1987-1993, 1995, 1997, 1999, and 2001-2003

### **Demographics**

- Gender** Males exhibit a substantially larger percentage of binge drinkers than females. This difference is evident throughout virtually every demographic category between the two as well.
- Age** Binge drinking decreases as age increases with the most notable decreases beginning with the 35-44 age group and continuing with the 45-54, 55-64, and 65-74 age groups.
- Race** American Indians show a much higher prevalence of binge drinking than whites. This difference is more evident in females than males.
- Region** There are no appreciable differences among the five geographic regions.

<b>Household Income</b>	Binge drinking does not seem to change substantially as household income changes.
<b>Education</b>	Education levels do not seem to have a considerable impact on binge drinking.
<b>Employment Status</b>	Those who are employed for wages, self-employed, and unemployed demonstrate a much higher prevalence of binge drinking than homemakers and those who are retired.
<b>Marital Status</b>	Those who are divorced or never married demonstrate a much higher prevalence of binge drinking than those who are married.

**Table 27**  
**Respondents Who Engage in Binge Drinking, 2003**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Total</b>	<b>5,233</b>	<b>19.0</b>	<b>(17.6-20.4)</b>	<b>2,178</b>	<b>28.3</b>	<b>(26.0-30.7)</b>	<b>3,055</b>	<b>10.1</b>	<b>(8.8-11.6)</b>
<b>Age</b>									
18-24	357	35.4	(30.0-41.3)	169	47.1	(38.5-55.9)	188	22.8	(16.8-30.1)
25-34	657	32.9	(28.9-37.3)	271	47.4	(40.8-54.1)	386	18.0	(14.1-22.7)
35-44	982	22.5	(19.6-25.6)	434	32.9	(28.1-38.1)	548	11.8	(9.3-15.0)
45-54	1,016	16.3	(13.9-19.0)	459	22.9	(18.9-27.4)	557	9.6	(7.3-12.5)
55-64	797	8.7	(6.8-11.2)	333	15.6	(11.9-20.2)	464	2.0	(1.1-3.7)
65-74	684	2.4	(1.4-4.0)	270	3.9	(2.2-7.0)	414	1.0	(0.3-3.0)
75+	707	0.7	(0.3-1.7)	233	1.3	(0.4-4.0)	474	0.3	(0.1-1.2)
<b>Race</b>									
White	4,776	18.5	(17.1-20.0)	2,004	27.9	(25.5-30.4)	2,772	9.4	(8.1-10.9)
American Indian	279	28.9	(22.2-36.6)	101	41.4	(29.5-54.5)	178	19.6	(13.4-27.7)
<b>Region</b>									
Southeast	1,284	19.9	(17.3-22.8)	540	30.3	(25.9-35.1)	744	9.4	(7.1-12.3)
Northeast	1,448	20.1	(17.6-22.8)	588	28.9	(24.7-33.5)	860	12.2	(9.6-15.3)
Central	670	16.9	(13.6-20.7)	277	24.4	(18.9-30.9)	393	10.2	(7.0-14.6)
West	1,440	16.7	(14.4-19.3)	619	25.4	(21.4-29.8)	821	8.0	(6.0-10.6)
American Indian Counties	391	23.5	(18.2-29.7)	154	34.2	(25.2-44.5)	237	14.2	(9.3-21.1)
<b>Household Income</b>									
Less than \$15,000	578	18.9	(14.5-24.2)	191	27.0	(18.8-37.1)	387	13.3	(9.2-18.9)
\$15,000-\$19,999	456	19.8	(15.3-25.3)	154	30.5	(21.8-40.8)	302	12.6	(8.6-18.1)
\$20,000-\$24,999	594	19.4	(15.4-24.2)	256	29.6	(22.8-37.4)	338	8.4	(5.5-12.5)
\$25,000-\$34,999	836	17.0	(14.1-20.5)	352	23.2	(18.1-29.1)	484	11.6	(8.5-15.6)
\$35,000-\$49,999	923	20.7	(17.7-24.1)	417	29.5	(24.6-34.9)	506	11.3	(8.2-15.4)
\$50,000-\$74,999	750	22.5	(19.0-26.6)	352	32.1	(26.6-38.2)	398	11.4	(7.9-16.1)
\$75,000+	567	21.3	(17.5-25.7)	316	30.3	(24.7-36.5)	251	7.2	(4.1-12.2)
<b>Education</b>									
Less than High School	549	16.9	(13.0-21.8)	254	24.2	(17.9-31.9)	295	8.7	(5.2-14.1)
High School or G.E.D.	1,755	18.8	(16.5-21.4)	759	28.7	(24.9-32.9)	996	8.7	(6.7-11.1)
Some Post-High School	1,521	21.2	(18.6-24.1)	568	31.6	(27.0-36.7)	953	12.7	(10.2-15.8)
College Graduate	1,389	17.6	(15.2-20.3)	590	26.1	(22.1-30.6)	799	9.3	(7.0-12.3)
<b>Employment Status</b>									
Employed for Wages	2,751	24.5	(22.5-26.6)	1,147	35.3	(32.0-38.7)	1,604	13.8	(11.8-16.0)
Self-employed	651	20.6	(17.1-24.6)	438	24.6	(20.1-29.7)	213	10.4	(6.4-16.4)
Unemployed	110	30.4	(20.1-43.1)	*	*	*	*	*	*
Homemaker	253	4.9	(2.7-8.8)	*	*	*	*	*	*
Retired	1,243	2.7	(1.9-4.0)	450	5.4	(3.5-8.2)	793	0.7	(0.3-1.7)
Unable to Work	121	12.0	(6.3-21.8)	*	*	*	*	*	*
<b>Marital Status</b>									
Married/Unmarried Couple	3,109	16.3	(14.7-17.9)	1,384	24.5	(21.9-27.2)	1,725	8.0	(6.6-9.6)
Divorced/Separated	691	23.1	(19.6-27.0)	272	30.1	(24.3-36.6)	419	18.0	(13.9-23.0)
Widowed	718	2.1	(1.2-3.5)	120	5.9	(2.7-12.6)	598	1.3	(0.6-2.6)
Never Married	710	35.0	(30.4-39.9)	401	42.2	(35.8-48.9)	309	23.5	(17.9-30.3)

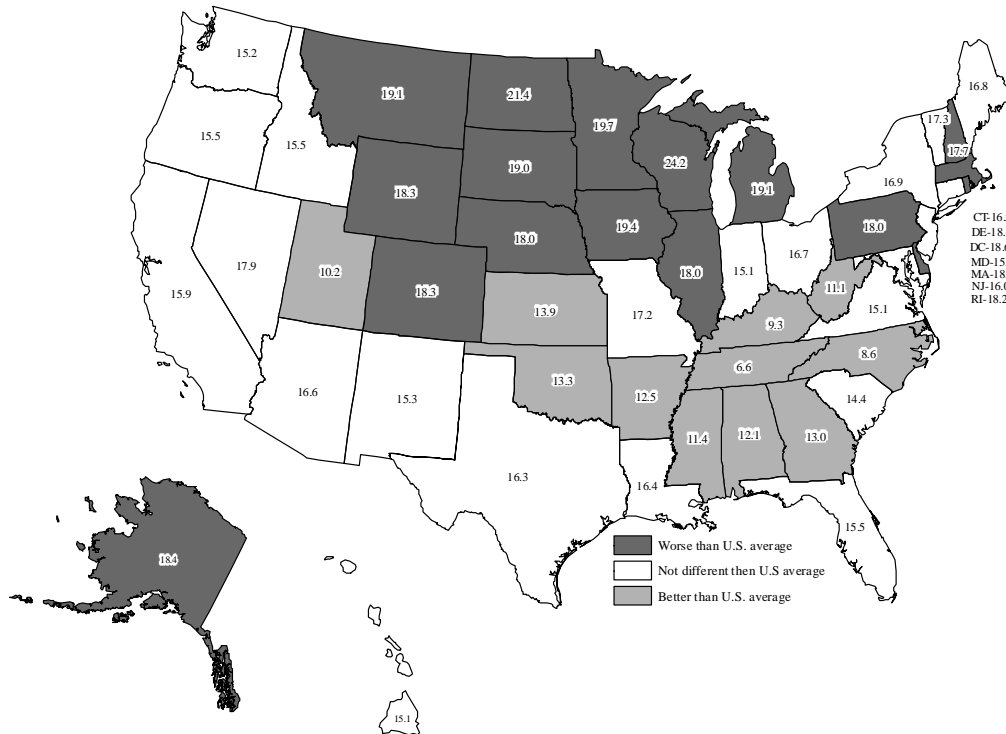
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2000-2003

Note: \*Results based on sample sizes less than 100 have been suppressed.

## National Statistics

The national percent for respondents who binge drink is 15.8 percent. South Dakota was significantly worse than the United States. Tennessee had the lowest percent of respondents who binge drink with 6.6 percent, while Wisconsin had the highest percent of respondents who binge drink with 24.2 percent.

**Figure 23**  
**Nationally, Respondents Who Engage in Binge Drinking, 2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

## Further Analysis

Following are data illustrating the percent of those who engage in binge drinking for various health behaviors and conditions. For example, 21.7 percent of respondents who stated they consume less than five servings of fruits and vegetables per day binge drink, while 7.7 percent of respondents who stated they consume at least five servings of fruits and vegetables per day binge drink.

<b>Table 28</b>			
<b>Binge Drinking for Selected Health Behaviors and Conditions, 2003</b>			
<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Binge Drinkers</b>	<b>95% CI</b>
Fair or Poor Health Status	793	8.9	6.5-11.9
Excellent, Very Good, or Good Health Status	4,430	20.5	19.0-22.1
Obese	1,211	18.9	16.3-21.8
Overweight	3,114	20.2	18.5-22.1
Not Overweight	1,907	18.0	15.8-20.5
No Leisure Time Physical Activity	1,270	15.7	13.3-18.5
Leisure Time Physical Activity	3,961	19.9	18.3-21.6
No Moderate Physical Activity	2,831	17.7	16.0-19.6
Moderate Physical Activity	2,244	20.5	18.4-22.8



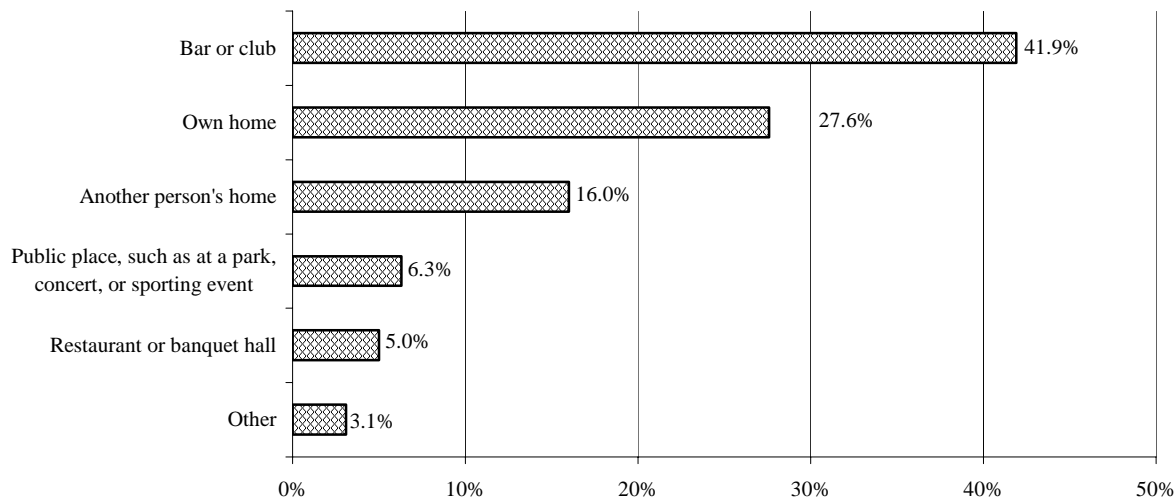
**Table 28 (continued)**  
**Binge Drinking for Selected Health Behaviors and Conditions, 2003**

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Binge Drinkers</b>	<b>95% CI</b>
No Vigorous Physical Activity	4,176	16.9	15.5-18.4
Vigorous Physical Activity	977	26.1	22.7-29.8
Not Doing Anything to Control Weight	1,415	19.8	17.2-22.7
Trying to Lose or Maintain Weight	3,811	18.7	17.1-20.4
Less Than Five Servings of Fruits and Vegetables	4,171	21.7	20.1-23.4
At Least Five Servings of Fruits and Vegetables	1,062	7.7	5.8-10.1
Current Smoker	1,130	35.4	31.9-39.1
Former Smoker	1,442	14.4	12.3-16.9
Never Smoked	2,654	14.0	12.3-15.9
Smokeless Tobacco Use	284	51.0	44.0-57.9
No Smokeless Tobacco Use	4,863	16.5	15.2-17.9
Heavy Drinker	193	90.1	85.4-93.4
Not a Heavy Drinker	5,029	15.6	14.3-17.0
Hypertension	1,557	12.3	10.3-14.6
No Hypertension	3,670	21.2	19.5-23.0
High Blood Cholesterol	1,391	12.9	10.8-15.3
No High Blood Cholesterol	2,689	15.8	14.1-17.6
No Mammogram within Past Two Years (40+)	493	5.8	3.8-8.8
Mammogram within Past Two Years (40+)	1,691	4.4	3.4-5.6
Insufficient Cervical Cancer Screening	318	7.4	4.6-11.7
Sufficient Cervical Cancer Screening	1,909	12.7	10.9-14.7
No Health Insurance (18-64)	365	30.8	24.9-37.3
Health Insurance (18-64)	3,364	22.4	20.7-24.2
Employer Based Health Insurance Coverage (18-64)	2,362	22.9	20.9-25.1
Private Plan (18-64)	508	21.2	17.0-26.0
Medicaid or Medical Assistance (18-64)	117	14.4	8.5-23.2
The Military, CHAMPUS, TriCare, or the VA (18-64)	131	17.6	11.1-26.6
The Indian Health Service (18-64)	142	32.5	23.0-43.7
No Flu Shot (65+)	323	0.6	0.2-2.3
Flu Shot (65+)	1,067	1.7	1.0-2.7
No Pneumonia Shot (65+)	495	1.9	0.9-3.7
Pneumonia Shot (65+)	872	1.3	0.7-2.3
Diabetes	453	8.4	5.6-12.3
No Diabetes	4,778	19.8	18.4-21.4
Current Asthma	368	15.1	11.2-20.2
Former Asthma	143	27.8	19.0-38.7
Never Had Asthma	4,706	19.0	17.6-20.5
Arthritis	1,772	12.7	10.7-15.0
No Arthritis	3,423	21.6	19.9-23.4
Arthritis - Activities Limited	832	12.6	9.8-16.1
No Arthritis - Activities Limited	4,355	20.1	18.6-21.7
Disability - Activities Limited	1,123	12.5	10.1-15.3
No Disability - Activities Limited	4,074	20.6	19.0-22.3
Disability with Special Equipment Needed	370	9.3	5.6-15.1
No Disability with Special Equipment Needed	4,831	19.6	18.2-21.1
Injured in a Fall (45+)	177	6.7	3.8-11.7
Not Injured in a Fall (45+)	3,038	8.7	7.6-9.9
Sunburn in Past 12 Months	1,994	26.1	23.8-28.6
No Sunburn in Past 12 Months	3,219	13.4	11.9-15.1
Military Veteran	854	16.9	14.1-20.2
Not a Military Veteran	4,333	19.5	17.9-21.1

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

During the respondents most recent binge drinking occasion, the majority, 87.8 percent, drank beer, while 35.3 percent drank liquor, and 10.1 percent drank wine. Figure 24 below, displays where respondents drank on the most recent binge drinking occasion. Bar or club was the most pronounced place with 41.9 percent of respondents stating that is where they drank.

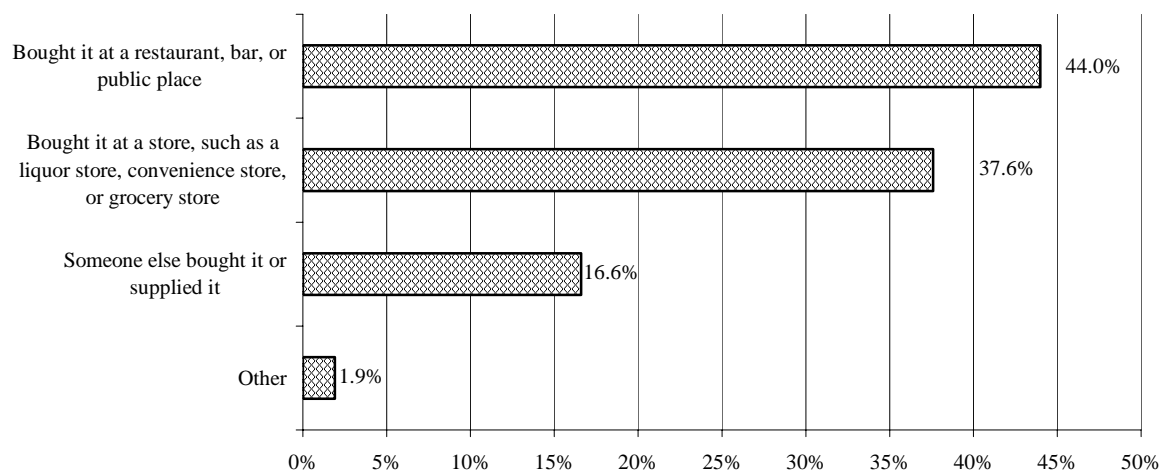
**Figure 24**  
**Where Most of the Drinking Occurred During the Most Recent Binge Drinking Occasion, 2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

Figure 25, below, displays how the alcohol was obtained for most recent binge drinking occasion. Bought it at a restaurant, bar, or public place was most pronounced place with 44 percent of respondents stating that is where they bought their alcohol.

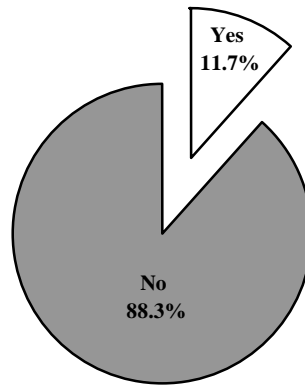
**Figure 25**  
**How Most of the Alcohol was Obtained for Most Recent Binge Drinking Occasion, 2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

The majority of respondents who binge drank stated they did not drive a vehicle within a couple hours. However, 11.7 percent of respondents stated they did drive a vehicle within a couple of hours as illustrated below in Figure 26.

**Figure 26**  
**Respondents Who Drove a Motor Vehicle During or Within a**  
**Couple Hours After the Most Recent Binge Drinking Occasion,**  
**2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health , 2003

## **HEAVY DRINKING**

*Definition: Male respondents who report having more than 2 drinks per day, or female respondents who report having more than 1 drink per day.*

### **Prevalence of Heavy Drinking**

- South Dakota 4.5%
- All participants nationwide 5.6%

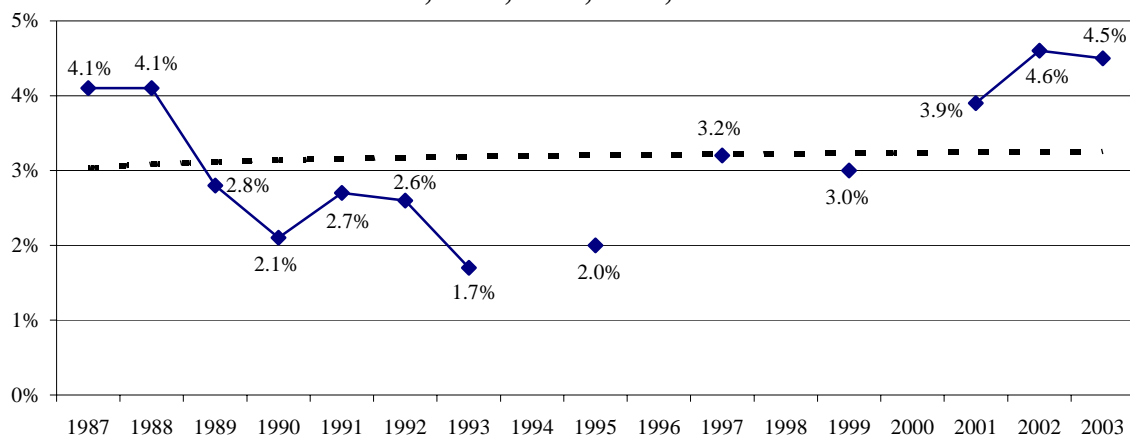
### **Healthy People 2010 Objective**

*There was no stated Healthy People 2010 Objective for heavy drinking.*

### **Trend Analysis**

From 1987 to 1993, the percent of respondents who engaged in heavy drinking was on a decline. However, since 1993 the percent of respondents has been increasing reaching a high in 2002 with 4.6 percent before decreasing slightly to 4.5 percent in 2003.

**Figure 27**  
**Percent of Respondents Who Engage in Heavy Drinking,**  
**1987-1993, 1995, 1997, 1999, and 2001-2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 1987-1993, 1995, 1997, 1999, and 2001-2003

### **Demographics**

- Gender** Males demonstrate a considerably larger percentage of heavy drinkers than females. This difference is most evident for whites and in the southeast region.
- Age** Heavy drinking generally decreases as age increases with the largest prevalence of heavy drinking in the 18-24 age group.
- Race** American Indians exhibit a much higher prevalence of heavy drinking than whites.
- Region** The American Indian counties region shows a substantially higher prevalence of heavy drinking than the west region with the other three regions not significantly different than those two.

<b>Household Income</b>	Heavy drinking does not seem to change appreciably as household income changes.
<b>Education</b>	Heavy drinking does not seem to change significantly as education levels change.
<b>Employment Status</b>	Those who are employed for wages or unable to work demonstrate a much higher prevalence of heavy drinking than those who are retired.
<b>Marital Status</b>	Those who are divorced or never married show a much higher prevalence of heavy drinking than those who are married.

**Table 29**  
**Respondents Who Engage in Heavy Drinking, 2003**

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
<b>Total</b>	<b>5,231</b>	<b>4.5</b>	<b>(3.8-5.4)</b>	<b>2,181</b>	<b>5.9</b>	<b>(4.7-7.3)</b>	<b>3,050</b>	<b>3.2</b>	<b>(2.5-4.1)</b>
<b>Age</b>									
18-24	359	9.1	(6.2-13.2)	170	11.7	(7.2-18.4)	189	6.2	(3.3-11.5)
25-34	655	6.3	(4.4-8.9)	271	8.0	(4.9-12.7)	384	4.5	(2.8-7.1)
35-44	978	4.4	(3.1-6.3)	432	4.8	(2.8-8.2)	546	4.0	(2.5-6.2)
45-54	1,020	4.0	(2.9-5.6)	463	5.3	(3.5-8.0)	557	2.6	(1.6-4.5)
55-64	797	3.2	(2.1-4.9)	334	4.4	(2.5-7.5)	463	2.0	(1.0-4.0)
65-74	683	1.7	(0.9-3.2)	269	1.8	(0.8-4.2)	414	1.6	(0.6-4.1)
75+	705	0.7	(0.3-1.6)	233	1.1	(0.3-3.4)	472	0.4	(0.1-1.4)
<b>Race</b>									
White	4,774	4.0	(3.4-4.8)	2,007	5.2	(4.1-6.5)	2,767	2.9	(2.2-3.8)
American Indian	279	13.6	(8.6-20.9)	101	18.4	(9.3-33.1)	178	10.1	(5.8-17.0)
<b>Region</b>									
Southeast	1,283	4.7	(3.4-6.5)	541	7.1	(4.8-10.3)	742	2.4	(1.3-4.2)
Northeast	1,448	4.4	(3.3-6.0)	588	5.3	(3.5-7.9)	860	3.7	(2.4-5.6)
Central	669	4.0	(2.4-6.8)	277	4.8	(2.2-10.4)	392	3.3	(1.7-6.3)
West	1,438	3.7	(2.7-5.1)	620	3.8	(2.5-5.8)	818	3.6	(2.2-5.7)
American Indian Counties	393	9.0	(5.4-14.8)	155	13.2	(6.8-24.3)	238	5.4	(2.6-10.9)
<b>Household Income</b>									
Less than \$15,000	578	5.8	(3.4-9.7)	191	9.3	(4.4-18.4)	387	3.4	(1.7-6.5)
\$15,000-\$19,999	453	4.8	(2.9-7.9)	155	4.1	(1.7-9.5)	298	5.3	(2.8-9.7)
\$20,000-\$24,999	594	8.4	(5.6-12.5)	257	12.5	(7.7-19.7)	337	3.9	(2.2-7.0)
\$25,000-\$34,999	836	5.1	(3.5-7.3)	352	5.3	(3.0-9.2)	484	4.9	(2.9-8.0)
\$35,000-\$49,999	924	3.8	(2.6-5.6)	418	5.4	(3.4-8.2)	506	2.2	(1.0-4.6)
\$50,000-\$74,999	751	4.1	(2.6-6.3)	354	4.6	(2.7-7.8)	397	3.4	(1.5-7.5)
\$75,000+	567	2.8	(1.8-4.6)	315	3.2	(1.7-5.7)	252	2.4	(1.1-5.0)
<b>Education</b>									
Less than High School	549	5.7	(3.4-9.2)	254	6.4	(3.1-12.6)	295	4.9	(2.6-9.1)
High School or G.E.D.	1,753	4.9	(3.7-6.5)	761	7.8	(5.6-10.7)	992	1.9	(1.1-3.3)
Some Post-High School	1,520	4.3	(3.1-6.0)	568	5.0	(3.1-8.2)	952	3.8	(2.4-5.8)
College Graduate	1,390	3.9	(2.9-5.2)	591	4.0	(2.6-6.2)	799	3.7	(2.5-5.5)
<b>Employment Status</b>									
Employed for Wages	2,747	5.7	(4.7-7.0)	1,147	7.5	(5.8-9.7)	1,600	4.0	(2.9-5.4)
Self-employed	655	3.4	(2.0-5.6)	441	3.6	(2.0-6.6)	214	2.6	(1.0-7.0)
Unemployed	110	4.1	(1.6-9.9)	*	*	*	*	*	*
Homemaker	253	2.2	(1.0-4.7)	*	*	*	*	*	*
Retired	1,241	1.4	(0.9-2.3)	450	1.6	(0.8-3.2)	791	1.3	(0.7-2.6)
Unable to Work	121	8.3	(3.9-16.6)	*	*	*	*	*	*
<b>Marital Status</b>									
Married/Unmarried Couple	3,110	3.2	(2.6-4.0)	1,385	4.1	(3.0-5.5)	1,725	2.3	(1.7-3.3)
Divorced/Separated	688	8.1	(5.9-11.0)	272	10.2	(6.5-15.5)	416	6.6	(4.2-10.2)
Widowed	717	1.5	(0.8-2.6)	120	3.0	(1.0-8.4)	597	1.1	(0.6-2.3)
Never Married	711	9.2	(6.5-12.7)	403	10.4	(6.8-15.5)	308	7.2	(4.1-12.4)

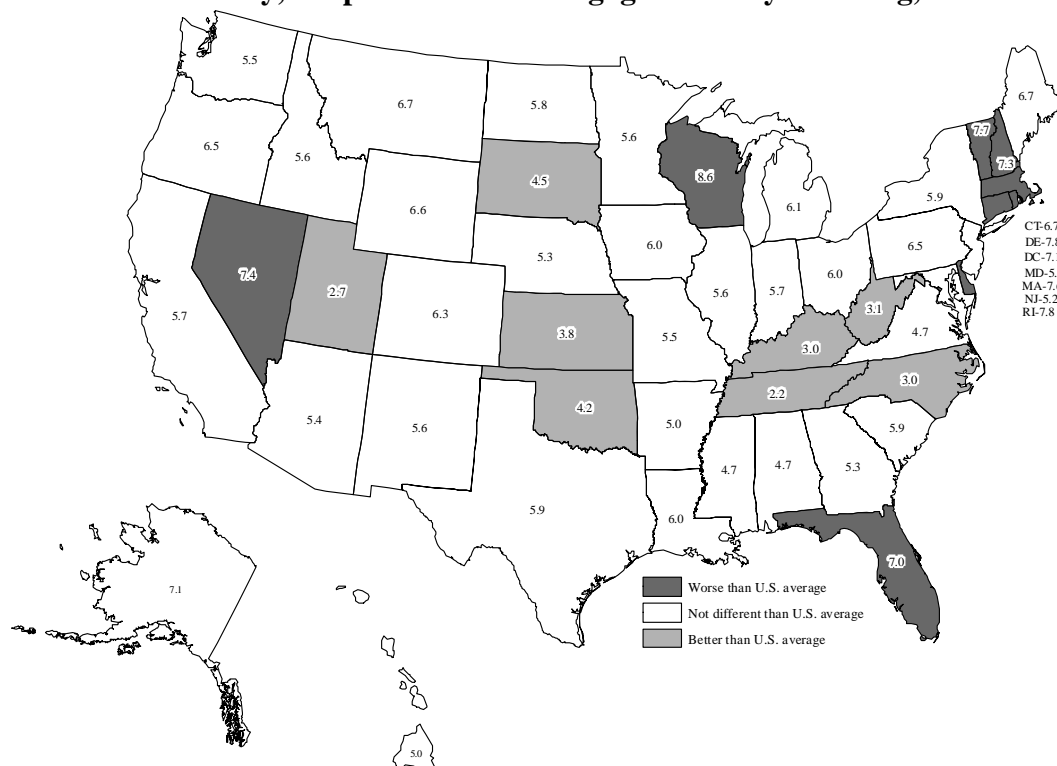
Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

Note: \*Results based on sample sizes less than 100 have been suppressed.

## National Statistics

The national percent for respondents who engage in heavy drinking is 5.6 percent. South Dakota was significantly better than the United States. Tennessee had the lowest percent of respondents who engage in heavy drinking with 2.2 percent, while Wisconsin had the highest percent of respondents who engage in heavy drinking with 8.6 percent.

**Figure 28**  
**Nationally, Respondents Who Engage in Heavy Drinking, 2003**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

## Further Analysis

Following are data illustrating the percent of those who engage in heavy drinking for various health behaviors and conditions. For example, 12.8 percent of respondents who stated they use smokeless tobacco are heavy drinkers, while 3.9 percent of respondents who stated they do not use smokeless tobacco are heavy drinkers.

<b>Table 30</b> <b>Heavy Drinking for Selected Health Behaviors and Conditions, 2003</b>			
<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Heavy Drinkers</b>	<b>95% CI</b>
Fair or Poor Health Status	795	3.2	2.0-5.0%
Excellent, Very Good, or Good Health Status	4,426	4.7	4.0-5.7%
Obese	1,215	4.8	3.6-6.4%
Overweight	3,114	4.5	3.6-5.5%
Not Overweight	1,905	4.8	3.6-6.4%
No Leisure Time Physical Activity	1,270	4.6	3.4-6.2%
Leisure Time Physical Activity	3,959	4.5	3.7-5.5%
No Moderate Physical Activity	2,831	4.1	3.2-5.1
Moderate Physical Activity	2,243	4.8	3.7-6.2

**Table 30 (continued)**  
**Heavy Drinking for Selected Health Behaviors and Conditions, 2003**

<b>Health Behavior or Condition</b>	<b># Respondents</b>	<b>% Heavy Drinkers</b>	<b>95% CI</b>
No Vigorous Physical Activity	4,173	4.0	3.3-4.9
Vigorous Physical Activity	977	5.9	4.1-8.4
Not Doing Anything to Control Weight	1,416	5.8	4.4-7.5
Trying to Lose or Maintain Weight	3,808	4.1	3.3-5.0
Less Than Five Servings of Fruits and Vegetables	4,174	5.3	4.4-6.3
At Least Five Servings of Fruits and Vegetables	1,057	1.4	0.8-2.3
Current Smoker	1,129	10.6	8.4-13.3
Former Smoker	1,443	3.6	2.6-5.1
Never Smoked	2,652	2.4	1.7-3.2
Smokeless Tobacco Use	284	12.8	7.8-20.1
No Smokeless Tobacco Use	4,861	3.9	3.3-4.7
Binge Drinker	789	21.2	17.9-25.0
Not a Binge Drinker	4,433	0.5	0.4-0.8
Hypertension	1,556	3.6	2.6-4.8
No Hypertension	3,669	4.8	4.0-5.9
High Blood Cholesterol	1,387	2.6	1.8-3.8
No High Blood Cholesterol	2,691	4.0	3.2-5.0
No Mammogram within Past Two Years (40+)	492	2.5	1.4-4.7
Mammogram within Past Two Years (40+)	1,689	2.0	1.4-2.9
Insufficient Cervical Cancer Screening	317	3.1	1.5-6.3
Sufficient Cervical Cancer Screening	1,906	3.6	2.7-4.9
No Health Insurance (18-64)	366	7.9	4.7-13.1
Health Insurance (18-64)	3,364	5.0	4.1-6.0
Employer Based Health Insurance Coverage (18-64)	2,360	4.8	3.8-6.0
Private Plan (18-64)	510	4.0	2.5-6.5
Medicaid or Medical Assistance (18-64)	117	3.8	1.5-9.3
The Military, CHAMPUS, TriCare, or the VA (18-64)	130	3.8	1.5-9.2
The Indian Health Service (18-64)	142	17.0	9.6-28.4
No Flu Shot (65+)	323	1.1	0.4-2.7
Flu Shot (65+)	1,064	1.2	0.7-2.1
No Pneumonia Shot (65+)	495	1.2	0.5-2.8
Pneumonia Shot (65+)	869	1.1	0.6-2.1
Diabetes	452	1.8	0.7-4.4
No Diabetes	4,777	4.7	4.0-5.6
Current Asthma	367	3.4	1.9-6.1
Former Asthma	143	6.8	3.0-14.8
Never Had Asthma	4,706	4.6	3.8-5.4
Arthritis	1,772	2.9	2.1-4.1
No Arthritis	3,421	5.2	4.3-6.3
Arthritis - Activities Limited	831	4.8	3.0-7.6
No Arthritis - Activities Limited	4,354	4.5	3.7-5.4
Disability - Activities Limited	1,122	4.1	2.7-6.1
No Disability - Activities Limited	4,073	4.6	3.8-5.6
Disability with Special Equipment Needed	369	5.1	2.4-10.4
No Disability with Special Equipment Needed	4,830	4.5	3.8-5.3
Injured in a Fall (45+)	176	1.0	0.2-4.4
Not Injured in a Fall (45+)	3,041	2.8	2.2-3.6
Sunburn in Past 12 Months	1,996	5.1	4.0-6.4
No Sunburn in Past 12 Months	3,215	4.1	3.3-5.2
Military Veteran	854	4.8	3.3-6.9
Not a Military Veteran	4,331	4.5	3.7-5.4

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003